

Foods to Enjoy - eat freely

These foods contain very little carbohydrate or fat and are low in kilojoules/calories.

They are an excellent source of fibre, vitamins, minerals and antioxidants essential for food health.

Guideline: Choose a variety of different coloured vegetables daily

Vegetables

Alfalfa sprouts

Asparagus



Bamboo shoots

Bean sprouts

Beans – green and butter

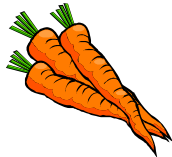
Bok Choy

Broccoli

Brussel sprouts

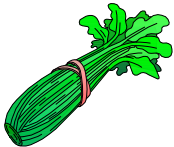
Cabbage

Carrot



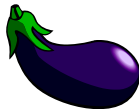
Cauliflower

Celery



Cucumber

Egg plant



Kim Chi

Leeks



Lettuce

Marrow

Mixed vegetables

Mushrooms

Onions

Peas

Peppers – green, red, yellow

Puha

Pumpkin

Radish

Silverbeet

Snowpeas

Spinach

Spring onions

Swede

Taro leaves

Tomato

Turnip

Watercress

Zucchini (courgettes)



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Drinks

Water is best!



Soda water

Clear Soups ♦

Low calorie drinks with Nutrasweet e.g. Sprite Zero, Coke Zero, Baker Halls Low Calorie Cordial, Tea, Coffee

To add flavour

Garlic

Low calorie salad dressings

Herbs and spices

Soy sauce ♦

Root ginger

Tomato Sauce / Paste ♦

Mustard

Vinegar

Lemon Juice

Worcester Sauce ♦

Lime Juice

Marmite / Vegemite ♦

Remember




In pregnancy if using artificial sweeteners use only:

- Aspartame (951) called Nutrasweet / Equal
- Sucralose (955) called Splenda
- Acesulphame K (950)
- Stevia (960) Purevia, Sweete

N.B.: ♦ These foods contain a significant amount of salt or sodium. Use in small amounts

Sample Meal Plan

(Your dietitian will alter if you require more or less)

Breakfast	<p>Choose <u>one</u> of these options:</p> <ul style="list-style-type: none"> ▪ 1 cup cooked porridge with low fat milk ▪ 1 cup Special K or Just Right or Light n Tasty + low-fat milk ▪ 3 Weet-Bix or Vita-Brits + low-fat milk ▪ ½ cup muesli + low-fat milk ▪ 2-3 slices wholegrain toast (sandwich slice) + topping ▪ 1 cup cooked rice/noodles + lean meat + vegetables 
Morning tea	<p>Choose 1-2 options from the snack list * below</p>
<p>Lunch Can be a sandwich meal or something cooked</p>	<p>Choose <u>one</u> of these carbohydrate foods (¼ of your plate):</p> <ul style="list-style-type: none"> ▪ 2-3 wholegrain slices (sandwich slice) ▪ 1-2 wholegrain slices (sandwich slice) and ½ cup baked beans ▪ 1 wrap or 1 medium pita bread ▪ Soup with 1-2 slices wholegrain bread (if soup has lots of potatoes limit bread to 1 slice) ▪ 1 fist sized piece of potato, kumara or taro ▪ 1 cup cooked pasta, basmati rice or noodles ▪ 2-3 small thin roti or 1 chapatti ▪ 3-4 small steamed buns or 1 large steamed bun or 7-8 small steamed dumplings / dim sim ▪ 1 small green banana <p>AND one of these protein foods (¼ of your plate): Lean meat /skinless chicken/fish/low-fat cheese/eggs/beans/lentils (including dahl)/tofu</p> <p>AND plenty of vegetables or salad (½ of your plate): Fresh, frozen or tinned non-starchy vegetables</p> 
Afternoon Tea	<p>Choose 1-2 options from the snack list * below</p>
Dinner	<p>Options are the same as Lunch</p>
Supper snack	<p>Best snacks at supper are:</p> <ul style="list-style-type: none"> ▪ A glass of milk or ▪ A pottle of yoghurt or ▪ A slice of grainy bread
Snack List *	<p>Choose 1-2 options from this list:</p> <ul style="list-style-type: none"> ▪ 1 pottle lite fruit yoghurt or low-fat Natural / Greek yoghurt ▪ 1 glass of milk ▪ 4 wholegrain crackers ▪ 1 medium piece of fruit (handful) ▪ 1 cup berry fruit ▪ 1 bobby banana ▪ 1 slice Burgen mixed fruit bread with scrape margarine ▪ 1 slice of wholegrain bread ▪ 1 cup plain popcorn 
<p>Drinks: at least 8 glasses a day</p>	<p>Water is your best choice. Milk, low sugar cordials, green / fruit / peppermint tea, diet / zero / sugar free drinks can be incorporated into your meal plan to add variety. Avoid alcohol and minimise caffeine containing drinks (tea/ coffee/ diet coke / coke zero). Check sweeteners and avoid Saccharin (954) and Cyclamate (952)</p>

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Important Things to Remember

- Eat 3 meals each day.
- Have small healthy snacks inbetween each meal.
- Eat your meals and snacks at about the same time each day.
- Do not miss any meals, especially breakfast.
- Do not drink alcohol while you are pregnant.
- If you use an artificial sweetener, use a sweetener like Equal / Nutrasweet (951), Splenda (955) or Stevia (960)



Foods to Avoid

Food high in fat

- These foods can make you put on too much weight during your pregnancy.
- Use small amounts of all fats.
- Use only a little margarine on bread

Fatty meat, fried foods, takeaways, chips, batter, pastry

Pies, sausage rolls, croissants

Cream, coconut cream

Crisps, Cheezels, Twisties

Dripping, Lard

Roast vegetables

High fat salad dressings, mayonnaise, and sauces



Food high in sugar

- Large amounts of sugar may affect blood glucose levels.
- These foods may also be high in fat and energy and offer very little nutritional value.

Sugar - all types white, brown, raw or cane

Honey, jam, marmalade

Glucose, golden syrup, treacle

Cakes, sweet biscuits, sweet pies, muesli bars, roll ups, pastries

Sweet breakfast cereals

Fruit cooked or canned with sugar

Ice cream, jelly, ice cream toppings

Lollies, chocolate, carob, chewing gum

Quik, sweetened condensed milk, flavoured milk, milkshake

Fruit juice, cordials, flavoured mineral water

Sport and energy drinks e.g. 'V', red Bull, Lift Plus, G Force

Sweetened soft drinks e.g. Coca Cola, Sprite, Fanta



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